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ABSTRACT

This publication provides guidelines regarding meal pattern requirements for child and adult care nutrition programs, enabling the individuals responsible for these programs to develop meals that are reimbursable. The publication begins with a delineation of the regulations regarding meal pattern requirements for children ages 1 to 2 years, 3 to 5 years, and 6 to 12 years. Participants are guided through 15 activities to enable them to meet four competencies: (1) identifying required components of reimbursable meals; (2) recognizing food items that qualify as creditable food components, including milk, meat/meat alternates, commercially prepared food, vegetables and fruits, and bread/bread alternates; (3) determining if the minimum serving sizes of required components are planned in menus; and (4) calculating the number of servings available in bread/bread alternate recipes. Information regarding the regulations in each of the above areas is presented, then the participant is asked to complete a number of activities to show competency attainment. A column for the participant's notes is included and the correct answers are explained. (KDFB)

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ED 406 004

MEAL PATTERN REQUIREMENTS FOR CHILD AND ADULT CARE FOOD PROGRAM

Participant's Workbook

Oklahoma State Department of Education

Sandy Garrett
State Superintendent of Public Instruction

PS 025219

Revised
November 1996

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Competencies:

Participants will:

1. Identify required components of reimbursable meals.

2. Recognize food items that qualify as creditable food components.

3. Determine if the minimum serving sizes of required components are planned in menus.

4. Calculate number of servings available in bread/bread alternate recipes.

NOTES

MINIMUM MEAL REQUIREMENTS OF THE CHILD AND ADULT CARE FOOD PROGRAM

When the meal pattern is properly used, the meals will include foods which supply needed nutrients and energy. The nutritional goal for meals and supplements is to furnish high-quality meals to all children in accordance with the Recommended Daily Dietary Allowance of the National Research Council/National Academy of Sciences.

The Child and Adult Care Food Program regulations specify that the meals meet the following meal pattern requirements:

BREAKFAST	Children Ages 1-2 Years	Children Ages 3-5 Years	Children Ages 6-12 Years
Milk[1]			
Milk, fluid	1/2 cup	3/4 cup	1 cup
Vegetables and Fruits[2]			
Vegetable(s), fruit(s), full-strength juice	1/4 cup	1/2 cup	1/2 cup
Bread and Bread Alternates[3]			
Enriched or whole-grain bread	1/2 slice	1/2 slice	1 slice
Cereal (cold, dry)	1/4 cup or 1/3 oz[4]	1/3 cup or 1/2 oz[4]	3/4 cup or 1 oz[4]
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup
Cooked cereal or cereal grains	1/4 cup	1/4 cup	1/2 cup
NOTE: *A one (1)-ounce serving of meat/meat alternate is required at least once a week for breakfast.*			
LUNCH/SUPPER			
Milk[1]			
Milk, fluid	1/2 cup	3/4 cup	1 cup
Vegetables and Fruits[2, 5]			
Vegetable(s), fruit(s), full-strength juice[6]	1/4 cup	1/2 cup	3/4 cup
Bread and Bread Alternates[3]			
Enriched or whole-grain bread	1/2 slice	1/2 slice	1 slice
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup
Cooked cereal grains	1/4 cup	1/4 cup	1/2 cup
Meat and Meat Alternates[7]			
Lean meat or poultry or fish[8]	1 oz	1 1/2 oz	2 oz
Cheese	1 oz	1 1/2 oz	2 oz
Eggs	1 egg	1 egg	1 egg
Cooked dry beans or peas[9]	1/4 cup	3/8 cup	1/2 cup
Peanut butter or soynut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp
Peanuts or soynuts or tree nuts or seeds[10]	1/2 oz = 50%[11]	3/4 oz = 50%[11]	1 oz = 50%[11]
SUPPLEMENT (Choose 2 of the following components)			
Milk[1]			
Milk, fluid	1/2 cup	1/2 cup	1 cup
Vegetables and Fruits[2]			
Vegetable(s), fruit(s), full-strength juice[12]	1/2 cup	1/2 cup	3/4 cup
Bread and Bread Alternates[3]			
Enriched or whole-grain bread	1/2 slice	1/2 slice	1 slice
Cereal (cold, dry)	1/4 cup or 1/3 oz[4]	1/3 cup or 1/2 oz[4]	3/4 cup or 1 oz[4]
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup
Cooked cereal grains	1/4 cup	1/4 cup	1/2 cup
Meat and Meat Alternates[7]			
Lean meat or poultry or fish[8]	1/2 oz	1/2 oz	1 oz
Cheese	1/2 oz	1/2 oz	1 oz
Eggs	1/2 egg	1/2 egg	1 egg
Cooked dry beans or peas[9]	1/8 cup	1/8 cup	1/4 cup
Peanut butter or soynut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Peanuts or soynuts or tree nuts or seeds[10]	1/2 oz	1/2 oz	1 oz
Yogurt, plain, or sweetened and flavored[13]	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup

[1] Includes whole milk, lowfat milk, skim milk, cultured buttermilk, or flavored milk made from these types of fluid milk which meet state and local standards. Milk served at a meal service cannot be re-served.
[2] Or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.
[3] Or an equivalent quantity of any combination of bread/bread alternate.
[4] Either volume (cup) or weight (oz), whichever is less.
[5] Must include at least two kinds.
[6] Full-strength vegetable or fruit juice may be counted to meet not more than 1/2 of this requirement.
[7] Or an equivalent quantity of any combination of meat/meat alternate.
[8] Cooked lean meat without bone.
[9] May be used as the meat alternate or as part of vegetable/fruit component, but not as both components in the same meal.
[10] Tree nuts and seeds that may be used as meat alternates are listed in program guidance.
[11] No more than 50% of the requirement shall be met with nuts or seeds. Nuts and seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purposes of determining combinations, 1 oz of nuts or seeds is equal to 1 oz of cooked lean meat, poultry, or fish.
[12] Juice may not be served when milk is served as the only other component.
[13] Applies to commercially prepared yogurt, lowfat yogurt, and nonfat yogurt. It does not apply to nonstandardized yogurt products, such as frozen yogurt, yogurt-flavored products, yogurt bars, yogurt-covered fruit or nuts. Commercial flavorings may be added, such as fruit, fruit juice, nuts, seeds, granola, etc., but they shall not be credited toward meeting the second food component requirement in the supplement.

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Using the minimum meal pattern requirements for the 3-5-year-old category, complete the following meal pattern activities.

ACTIVITY 1

Here are two menus for a lunch or supper meal.

CHECK THE MEAL THAT IS REIMBURSABLE.

( ) MENU A

1 1/2 oz Roast Beef on
2 slices Whole-wheat Bread
1/4 cup Pared Cucumbers
1/4 cup Strawberries
3/4 cup Milk

( ) MENU B

1 1/2 oz Roast Beef on
2 slices Whole-wheat
Bread
1/4 cup Pared Cucumbers
1/4 cup Strawberries
3/4 cup Orange Juice

ACTIVITY 2

Now check these menus

CHECK THE MEAL THAT IS REIMBURSABLE.

( ) MENU C

1 Hamburger with
1 Hamburger Bun
1 oz Meat Pattie
1 Tbsp Ketchup
1/4 cup Coleslaw
1/4 cup Orange Wedges
3/4 cup Milk

( ) MENU D

1 Hamburger with
1 Hamburger Bun
1 oz Meat Pattie
1 oz Cheese
1/4 cup Coleslaw
1/4 cup Orange Wedges
3/4 cup Milk

ACTIVITY 3

CHECK THE MEAL THAT IS REIMBURSABLE.

( ) MENU E

1/4 cup Baked Potato with
1 oz Cheese
1/4 cup Chopped Broccoli
1/4 cup Cooked Pinto Beans
1/4 cup Sliced Peaches
3/4 cup Milk

( ) MENU F

1/4 cup Baked Potato with
1 oz Cheese
1/4 cup Chopped Broccoli
1/4 cup Cooked Pinto Beans
1 Roll
3/4 cup Milk

CHECK YOUR ANSWERS ON PAGE 4.

NOTES

NOTES

ACTIVITY 1 ANSWER: MENU A-This meal provides the minimum requirements: 3/4 cup fluid milk, 1 1/2 ounces meat/meat alternate, two servings of fruit ***and/or*** vegetable to total 1/2 cup, and 1 slice bread. Menu B is missing the milk component.

NOTE: This meal provides 2 bread servings. It is okay to provide more than the minimum requirement, but not less than the minimum.

ACTIVITY 2 ANSWER: MENU D-One and one-half (1 1/2) ounces of meat and/or meat alternate are required. Meat patties may be one or two ounces, but if a one-ounce meat pattie is used, an additional 1/2 ounce of meat or meat alternate must be added. In this case, cheese was included. Menu C is short 1/2 ounce of meat/meat alternate.

ACTIVITY 3 ANSWER: MENU F-The baked potato and broccoli complete the vegetable/fruit component and the cheese and pinto beans meet the meat/meat alternate component. Menu E is missing the bread/bread alternate. Baked potatoes do not count as a bread alternate, although they have similar carbohydrate content.

ACTIVITY 4

CHECK THE MEAL THAT IS REIMBURSABLE.

( ) MENU G

1 1/2 oz Sliced Turkey
1/2 cup Rice
1/4 cup Gravy
1/4 cup Green Beans
1 slice Bread
3/4 cup Milk

( ) MENU H

1 1/2 oz Sliced Turkey
1/2 cup Rice
1/4 cup Gravy
1/4 cup Green Beans
1/2 Apple
3/4 cup Milk

ACTIVITY 5

CHECK THE MEAL THAT IS REIMBURSABLE.

( ) MENU I

Peanut Butter Sandwich with
3 Tbsp Peanut Butter
1 Tbsp Jelly
2 slices Whole-wheat Bread
1/8 cup Carrot Sticks
1/8 cup Celery Sticks
1 Brownie
3/4 cup Milk

( ) MENU J

Peanut Butter Sandwich with
2 Tbsp Peanut Butter
1 Tbsp Jelly
2 slices Enriched White Bread
1/2 Hard-cooked Egg
1/4 cup Carrot Sticks
1/4 cup Celery Sticks
3/4 cup Milk

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ACTIVITY 4 ANSWER: MENU H-The rice is a bread alternate. While it is okay to have additional servings of bread, Menu G is missing 1/4 cup of the required 1/2 cup vegetable/fruit component.

ACTIVITY 5 ANSWER: MENU J-Since jelly does not qualify as a vegetable/fruit component, Menu I is not a reimbursable meal. Jams and jellies are commonly mistaken as meal components. Jelly is mostly sugar and does not have enough nutrients to qualify it for the meal pattern. There is another problem with this meal. While it may look good on paper, 3 tablespoons is too much to put on one sandwich (even for those who love peanut butter). Menu J is more realistic, and the egg will provide the other one-half ounce requirement missing when 2 tablespoons are used.

CREDITING FOODS

There are some special rules you need to know about the meal components. The following section will provide you information on the meal components that qualify for reimbursement.

MILK

Regulations for the Child and Adult Care Food Program require that:

- Only ***fluid milk*** can meet the milk requirement.
- Recipes that contain fluid milk or milk products will not meet the milk requirement.
- A serving of ***fluid milk*** must be included at each breakfast, lunch, and supper.
- ***Fluid milk*** may also be served as one of the two components of a supplement if juice is not the other component.
- At breakfast and supplement, milk may be served as a beverage, on cereal, or as a beverage and on cereal.
- ***Milk*** means pasteurized fluid types of unflavored or flavored skim milk, lowfat milk, whole milk, or cultured buttermilk that meet state and local standards for such milk. The milk should contain vitamins A and D at levels consistent with state and local standards.
- ***Milkshakes*** may be used to meet the milk component of lunch, supper, and supplement if the serving of milkshake is homemade and contains the minimum required quantity of fluid milk per serving.

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THE FOLLOWING CAN BE COUNTED FOR THE MILK COMPONENT:

MILK, FLUID (flavored or unflavored)

Skim Milk
Lowfat Milk
Whole Milk
Cultured Buttermilk (a fluid milk produced by adding selected microorganisms to fluid whole, lowfat, or skim milk under controlled conditions to produce a product with specific flavor and/or consistency)

DO *NOT* SERVE THE FOLLOWING AS A MILK COMPONENT:

Half and Half	Whipping Cream
Ice Milk	Pudding
Ice Cream	Custard
Sherbert	Butter
Popsicles	Cheese**
Frozen Dessert Bars	Nonfat Dry Milk*
Powdered Cocoa Mixes	Canned Milk
Sweetened Condensed Milk	Sour Cream
Eggnog	Yogurt***

* Only with prior approval from the State Department of Education.
** Qualifies as a meat alternate only.
*** Yogurt qualifies as a meat alternate for supplements only.

ACTIVITY 6

CIRCLE THE STATEMENT BELOW THAT IS FALSE ABOUT THE MILK COMPONENT.

1. Only ***fluid milk*** can meet the milk component requirement.
2. ***Fluid milk*** may be served as one of the two components of the supplement if juice is not the other component.
3. ***Milk*** must be pasteurized and should be fortified with vitamins A and D.
4. ***Milk*** must be only unflavored.
5. ***Cheese*** is not counted as a milk component, but may count as a meat alternate.
6. ***Yogurt*** is not counted as a milk component, but may count as a meat alternate for supplements only.

ACTIVITY 6 ANSWER: **NUMBER 4** is false. The milk requirement is that all milk be fluid, flavored or unflavored, and may be skim, lowfat, whole, or cultured buttermilk.

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MEAT/MEAT ALTERNATES

You may add your own fruit, nuts, seeds, etc., to yogurt in required amounts to meet food component requirements and receive credit for those added items. If you purchase yogurt with flavorings such as nuts, fruit, fruit juice, seeds, and granola, these commercially added products cannot be credited toward meeting the meal pattern requirements.

- ***Eggs*** may be served as part or all of the meat/meat alternate requirement for lunch or supper. They may be served any style: scrambled, fried, baked, deviled, or hard-cooked. Eggs can be served at breakfast to count toward meeting the one-ounce meat/meat alternate requirement. They may also be served as one of the two components at supplement.
- ***Eggs*** used in cooking will count toward meeting the meat requirement if used to make a main dish.
- ***Luncheon meat*** must be an "all meat" product with no by-products, cereals, or extenders added to the meat product.
- ***Frankfurters*** must be marked "all beef" or "all meat" and must not contain meat or poultry by-products, cereals, or extenders.
- Combination foods, such as pizza, may be counted as both a meat and a bread alternate. However, combination foods that are commercially prepared require documentation of the amounts of food provided per serving.
- Pasteurized process cheese and cheese food are creditable. A two-ounce serving equals one ounce of meat/meat alternate.
- A one-ounce serving of meat/meat alternate must be served once a week at breakfast, which is in addition to the other three components required at every reimbursable breakfast.

THE FOLLOWING CAN BE COUNTED AS MEAT/MEAT ALTERNATES:

BEEF, FRESH, FROZEN, OR CANNED

Brisket, fresh
Brisket, corned
Ground beef
Ground beef, market-style (no more than 30% fat)
Ground beef, USDA-donated
Ground beef patties, USDA-donated
Roasts, chuck
Roasts, round
Roasts, rump
Steaks, flank
Steaks, round
Stew meat
Tongue
Tripe

BEEF, FRESH, FROZEN, OR CANNED (continued)

- Heart
- Kidney
- Liver
- Beef with natural juices, USDA-donated, canned

BEEF PRODUCTS, CANNED OR FROZEN (May require CN label or Product Analysis Statement)

- Barbecue sauce with beef
- Beef and gravy with dumplings
- Beef goulash
- Beef stew
- Beef taco filling
- Beef with barbecue
- Beef with gravy, canned
- Beef hash
- Chili con carne
- Chili con carne with beans
- Corned beef and cabbage
- Corned beef hash
- Gravy and beef
- Gravy and Swiss steak
- Swiss steak with gravy

CHICKEN, FRESH, FROZEN, OR CANNED (USDA-donated or market-style)

- Chicken parts:
  - back pieces
  - breasts
  - breasts and back
  - drumsticks
  - giblets, liver
  - thighs
  - thighs with backs
  - wings
- Chicken, boned, canned
- Frying chicken
- Precooked, breaded chicken
- Whole chicken

CHICKEN PRODUCTS, CANNED OR FROZEN (May require a CN label or Product Analysis Statement)

- Chicken a la King
- Chicken barbecue, minced
- Chicken chili
- Chicken chili with beans
- Chicken hash
- Chicken with dumplings
- Chicken with gravy
- Chicken with noodles
- Creamed chicken

FRANKFURTERS AND LUNCHEON MEATS

- Bologna and other luncheon meats
- Corn dogs
- Frankfurters: beef, pork, chicken, turkey
- Knockwurst
- Vienna sausage

LAMB, FRESH OR FROZEN

- Chops, shoulder
- Roast, leg
- Roast, shoulder
- Stew meat

PORK, FRESH, FROZEN, OR CANNED

- Chops, loin
- Ground pork, frozen, USDA-donated
- Ground pork, market-style (no more than 30% fat)
- Pork with natural juices, USDA-donated, canned
- Roasts, leg
- Roasts, loin
- Roasts, shoulder
- Roasts, shoulder, Boston Butt
- Roasts, shoulder, picnic
- Sausage (no more than 50% fat)
- Spare ribs
- Stew meat

PORK, MILD CURED

- Canadian bacon
- Ham
- Shoulder, Boston Butt
- Shoulder, picnic

SEAFOOD, FRESH OR FROZEN

- Clams, shucked
- Crab meat
- Fish fillets
- Fish steaks, frozen
- Fish sticks, frozen:
  - fried, breaded
  - raw, breaded

NOTES

NOTES

SEAFOOD, FRESH OR FROZEN (continued)

- Fish portions, frozen:
  - fried, battered (45% fish)
  - fried, breaded
  - raw, breaded
  - unbreaded
- Oysters, shucked
- Scallops, frozen
- Shrimp:
  - fresh
  - frozen

SEAFOOD, CANNED

- Clams, minced
- Mackerel
- Salmon
- Sardines
- Shrimp
- Tuna, water pack or oil
  - grated, flaked, solid, chunk

TURKEY, FRESH, FROZEN, OR CANNED

- Turkey
- Turkey, boned, canned
- Turkey ham
- Turkey roast
- Turkey roll
- Turkey, parts
  - backs
  - breasts
  - drumsticks
  - halves
  - leg quarters
  - liver
  - necks
  - thighs
  - wings
- Turkey, whole

TURKEY PRODUCTS, CANNED OR FROZEN (May require Child Nutrition [CN] label or Product Analysis Statement)

- Creamed turkey
- Turkey a la King
- Turkey barbecue
- Turkey bacon
- Turkey chili
- Turkey chili with beans
- Turkey hash
- Turkey salad
- Turkey with dumplings
- Turkey with gravy
- Turkey with noodles

VEAL, FRESH OR FROZEN

- Cutlets, leg
- Ground veal (no more than 16% fat)
- Liver, calf
- Roasts, chuck
- Roasts, leg
- Stew meat

WILD GAME, FEDERALLY OR STATE INSPECTED

BEANS AND PEAS, DRIED OR CANNED

- Baked beans
- Beans with bacon in sauce
- Beans with frankfurters
- Black
- Black-eyed beans (or peas)
- Garbanzo
- Great Northern
- Kidney
- Lentils
- Lima
- Mung
- Navy (pea)
- Peas, whole or split
- Pinto
- Refried beans
- Soybeans

CHEESE

- American
- Cheddar
- Colby
- Cottage*
- Monterey Jack
- Mozzarella
- Muenster
- Pasteurized process cheese*
- Pasteurized process cheese food*
- Ricotta*
- Swiss

*A two-ounce serving is creditable as one ounce of meat alternate.

EGGS

- Dried egg mix, USDA-donated
- Dried whole eggs
- Fresh shell eggs
- Frozen whole eggs

NUTS AND SEEDS

- Almonds
- Brazil nuts
- Cashew nuts
- Filberts (Hazelnuts)
- Macadamia
- Peanut granules
- Peanuts
- Pecans
- Pinon (pine nuts)
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Soynuts
- Squash seeds
- Sunflower seeds
- Walnuts

NUT AND SEED BUTTERS

- Almond butter
- Cashew butter
- Peanut butter
- Sesame (Tahini) butter
- Sunflower seed butter

YOGURT-creditable only when served as a supplement

- Yogurt, plain
- Yogurt, flavored with fruit, fruit juice, nuts, or granola

DO *NOT* SERVE THE FOLLOWING AS A MEAT OR MEAT ALTERNATE:

MEAT PRODUCTS

- Bacon
- Bacon substitutes (Sizzlean, bacon bits)
- Braunschweiger (liverwurst)
- Chitterlings
- Neck bones
- Ox tails
- Pig tails
- Pigs feet
- Scrapple

CHEESE

- Cream cheese
- Dried cheese foods
  - Example: Powdered cheese in macaroni and cheese
- Neufchatel cheeses

NOTES

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DOCUMENTATION FOR COMMERCIALLY PREPARED FOODS

If you want to serve commercially prepared foods such as beef stew, burritos, or lasagna, you can provide documentation to support that the ingredients provide the minimum amounts meat, meat alternate, fruit, vegetable, bread, or bread alternate required for each meal component claimed. There are two ways to document these products:

- Child Nutrition (CN) label
- A manufacturer's analysis statement

What is the Child Nutrition (CN) label?

The Child Nutrition (CN) label:

- Is a voluntary federal labeling program for the Child Nutrition Programs
- Provides a warranty for CN-labeled products
- Allows manufacturers to state a product's contribution to the meal pattern requirements on their labels

How to identify a CN label:

A CN label will always contain the following information:

- The CN logo, which is a distinct number
- The meal pattern contribution statement
- A six-digit product identification number
- USDA/FCS authorization
- The month and year of approval

The CN label does not mean it provides the entire serving of a meal component. Be sure to check the quantity of food contained per portion.

Sample Label:

CN

123456

This 5.00 oz Pizza With Ground Beef and Vegetable Protein Product provides 2.00 oz equivalent meat/meat alternate, 1/2 cup serving of vegetable, and 1 1/2 servings of bread alternate for the Child Nutrition Meal Pattern Requirement. (Use of this logo and statement authorized by the Food and Consumer Service, USDA, 05-84)

CN CN

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For a detailed explanation of Child Nutrition (CN) labeling, see the Food and Consumer Service Regulations for the Child Care Food Program, 7 CFR, Part 225, Appendix C.

MANUFACTURER'S PRODUCT ANALYSIS

If a CN label is not available, commercially prepared foods can be used if a manufacturer provides a signed statement that provides an analysis of the food product. This analysis must be signed by an official of the manufacturer (not the salesman) and include a statement of the amount of cooked lean meat/meat alternate, bread/bread alternate, and/or vegetable/fruit components provided by the food product per portion.

NOTES

PRODUCT ANALYSIS STATEMENT

(SPACE FOR VENDOR LETTERHEAD)

This product analysis statement is to provide information to the below-listed institution relating to product(s) for purchase and to potentially serve as a part of USDA CHILD NUTRITION PROGRAMS, either as a part of a reimbursable meal or an extra or a la carte item. Contribution toward meeting all or part of the USDA meal pattern requirements are listed below.

Name of School District: _____ Contact Person: _____

Address: _____

Product Name: _____ Product Code: _____

List Total Product Ingredients Beginning With Greatest to Least: _____

MEAT/MEAT ALTERNATE*	LIST TYPE(S)	WEIGHT OF EACH	CIRCLE ONE
	_____	_____	RAW OR COOKED WEIGHT
	_____	_____	RAW OR COOKED WEIGHT
	_____	_____	RAW OR COOKED WEIGHT

***If product contains VPP, check here _____ and complete the VPP information at the bottom.**

FRUIT/ VEGETABLE	LIST TYPE(S)	WEIGHT OF EACH	CIRCLE ONE
	_____	_____	RAW OR COOKED WEIGHT
	_____	_____	RAW OR COOKED WEIGHT

BREAD/BREAD ALTERNATE	LIST TYPE	WEIGHT	CIRCLE ONE
	_____	_____	RAW OR COOKED WEIGHT

If prepared in accordance with label directions, this cooked product will yield _____ creditable servings.
One Serving Size = _____ (i.e., one slice, one 2" x 2" square, 6 pieces, one 3" x 2" rectangle, etc.)

PRODUCT INFORMATION PER SERVING:

Total Contribution of Meat/Meat Alternate = _____ _____ ounce(s)/serving
Total Contribution of Fruit/Vegetable = _____ cup(s)/serving
Total Contribution of Bread/Bread Alternate = _____ ounce(s)/serving
Calories Per Serving = _____ **% of Calories From Fat Per Serving = _____**

I certify that the above information is true and correct in crediting toward meeting USDA minimum meal pattern requirements.

_____	_____	_____
Signature of Legal Authorized Spokesperson for Company	Title	Date

* The following information is needed if a creditable **Vegetable Protein Product (VPP)** is used in the product and counted toward meeting the 2-ounce meat/meat alternate requirement.

CHECK (x) any statements that apply:

( ) This item contains vegetable protein product(s) which is authorized as an alternate food in the Child Nutrition Programs.
( ) This product meets USDA-FCS specifications for cheese alternate product.
( ) One ounce dry weight of this product meets one-half of the meat/meat alternate requirements of lunch or supper of the USDA Child Nutrition Programs when served in combination with one or more ounces of cooked meat, poultry, fish, or cheese.
( ) If applicable, WEIGHT VPP dry _____ WEIGHT LIQUID TO HYDRATE _____ SOURCE _____
TYPE (flour, concentrate, or isolate) _____

I further certify that the VPP used in this product, when fully hydrated or formulated, will not exceed 30 parts to 70 parts raw meat, poultry, or seafood. The VPP used conforms to Food and Consumer Service regulations. That is, (1) the VPP used contains at least 18% protein by weight when hydrated; (2) the biological quality of the protein in the VPP shall be at least 80% that of caseins; and (3) contain the amounts and kinds of nutrients as required by FDA 43 FR 30472.

ACTIVITY 7

Three commercially prepared burritos appear on pages 17 and 18. Two products have CN labels, and one has a manufacturer's product analysis. ***CHECK THE PRODUCT A, B, OR C THAT WILL MEET THE TOTAL MEAT/MEAT ALTERNATE REQUIREMENTS FOR REIMBURSEMENT FOR A 6-12-YEAR-OLD (TWO OUNCES MEAT/MEAT ALTERNATE).***

( ) A

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( ) B

XYZ BURRITO FACTORY

Effective Date: November 1, 1988 Product No. 9999
Total Weight of precooked product: 4.00
Total of raw meat: 0.650 oz.
Percent of fat of raw meat: Not to exceed 30%
Weight of dry VPP: 0.094 oz.
Weight of liquid used to hydrate VPP: 0.176 oz.
Percent of Protein in dry VPP: 52%
Weight of raw meat and hydrated VPP: 0.920
Type of VPP used: XX Flour: _____ Isolate: _____
Weight of other ingredients: 1.005 oz.
Weight of pinto beans: 0.325 oz. Packaged Wt. 0.503
Weight of cheese: none
Weight of cooked meat with VPP: 0.644 oz.
Total weight of filling: 2.25 oz.
Total wt of enriched flour tortilla 1.75 oz. 1.59 serv.

I certify that the above information is true and correct and that the product (ready for serving) contributes 1.14 ounces of equivalent meat/meat alternate toward the meal pattern when prepared according to direction. I understand that the above named product will be used as a meal component for which Federal reimbursement will be claimed, and that records are available to support the information indicated above. The VPP used conforms to Food and Nutrition Service regulations.
This product analysis will supersede all previously issued sheets.

SUGGESTED BID SPECIFICATIONS: _____cases - Red Chili Beef, Bean & Chicken Burrito, 4.00 ounces each unfried, packed 3/24 count. Must meet 1.00 ounces of meat/meat alternate and 1.50 bread servings.

James Smith — Director of Manufacturing
James Smith — Title
XYZ Burrito Factory — November 1, 1988

( ) C

24100

PREFRIED

GREEN CHILI BURRITO

BEANS, BEEF AND TEXTURED VEGETABLE PROTEIN IN AN ARTIFICIALLY COLORED TORTILLA

U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE EST. 1905

INGREDIENTS: —FILLING: Cooked Pinto Beans/Water, Beans, Ground Beef (less than 30% fat), Water, Textured Vegetable Protein Product (Soy Flour, Caramel Color, Zinc Oxide, Hydrolyzed, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Vitamin B12), Green Chili Sauce, Tomato Paste, Beef Flavor Enhancer (Hydrolyzed Vegetable Protein, Salt, Modified Food Starch, Dextrose, Beef Extract, Monosodium Glutamate, Caramel Powder, Onion Powder, Disodium Inosinate, Disodium Guanylate, Onions, Jalapeno Peppers, Flavorings). TORTILLA: Enriched Flour (Flour, Lard, Salt, Baking Powder, Guar Gum, Wheat Gluten, FD and C Yellow No. 5 and 6, Partially Hydrogenated Vegetable Oil

CN

CN — CN — CN

PREPARATION: For best results thaw to 40°F prior to heating.
In a CONVENTIONAL oven preheated to 350°F heat for 22 minutes or until internal temperature reach 140°F.
In a CONVECTION oven preheated to 350°F heat for 15 minutes or until internal temperature reach 140°F.

NET WT. 20 LBS., 10 OZ. 60 COUNT/PREFRIED

#810 FRED'S FROZEN FOODS, RIVERSIDE, CA 92517

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21

ACTIVITY 7 ANSWER: *C*-The Green Chili Burrito ***DOES*** meet the requirements. It provides a total of two ounces of meat/meat alternate.

A-The Red Chili Burrito does ***NOT*** meet the total requirement. It contains only one ounce of meat/meat alternate.

B-The Red Chili Beef Burrito also does ***NOT*** meet the total requirement. It contains 1.14 oz meat/meat alternate.

Remember, you can still serve product A or B if you serve two burritos with each meal or you could include another meat/meat alternate, such as beans, with a single burrito. Documenting the content of commercially prepared foods is required to enable you to know when you will need to add additional foods to the menu and is ***REQUIRED FOR REIMBURSEMENT.***

NOTES

NOTES

ACTIVITY 8

CIRCLE THE STATEMENT BELOW THAT IS FALSE ABOUT THE MEAT/MEAT ALTERNATE COMPONENT.

1. A serving of meat, poultry, or fish for a 3-5-year-old is 1 1/2 ounces of cooked lean meat, not including bone.

2. Commercially prepared combination foods require documentation of the amounts of foods provided per serving.

3. Nuts and seeds can count for the meat/meat alternate for supplement, but cannot count for more than one-half of the meat/meat alternate for lunch and supper.

4. Homemade yogurt qualifies as a meat/meat alternate for supplement, but not for breakfast, lunch, or supper meals.

5. Luncheon meats and frankfurters labeled "all meat" qualify for the meat/meat alternate component.

6. Cheese food is creditable, but requires two ounces to equal one ounce of a meat alternate.

ACTIVITY 8 ANSWER: ***NUMBER 4*** is false. ***Only commercially prepared yogurt*** is eligible for credit. "Homemade" yogurt is not eligible. The second part of the statement is true . . . yogurt only qualifies for the supplement reimbursement.

NOTES

NOTES

VEGETABLES AND FRUITS

Each breakfast, lunch, and supper served must contain vegetables and/or fruits. Supplements may also have vegetables and fruits as components.

- The minimum size that can be counted toward meeting the vegetable and fruit component requirement is 1/8 cup. Smaller amounts used as a garnish cannot be counted.

- To meet meal requirements, two (2) or more different fruits and/or vegetables must be used for lunch and supper.

- Fresh, frozen, commercially canned or dried fruits or vegetables may be used to meet the fruit and vegetable requirement. A variety of fruits and vegetables should be included in meals.

- Cooked dried peas or beans or lentils can be counted either as a meat alternate or as a vegetable, but not both in the same meal.

- For lunch or supper, fruit or vegetable juice can meet no more than one-half of the fruit and vegetable requirement. Full-strength juice may be used to meet the total requirement for breakfast or as one component of a supplement.

- To avoid serving an all-fluid supplement, juice may not be served if the only other component of a supplement is milk.

- Full-strength frozen fruit juice bars count as the vegetable and fruit requirement, but require documentation from the manufacturer or a CN label.

- Fresh fruit may be served whole or in pieces; with or without skin.

- If you serve gelatin with fruit, a serving must contain enough fruit to count toward the vegetable/fruit requirement. The gelatin does not count toward the vegetable/fruit component.

- One meal cannot include a food in two different forms; for example, orange juice and orange sections.

- Fruit-flavored syrup, jams, and jellies are not nutritious enough to meet the vegetable/fruit requirement.

- Home-canned foods, for safety reasons, are not creditable.

- Condiments (such as ketchup and mustard) and seasonings are not creditable food items; they serve only to enhance the acceptability of a meal.

- Posole and hominy are not creditable food items due to their low nutritional value and lack of enrichment by manufacturers.

NOTES

NOTES

THE FOLLOWING CAN BE COUNTED AS VEGETABLE/FRUIT COMPONENTS:

FRUITS

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Boysenberries
- Canned fruit
- Cantaloupe
- Cherries
- Cranberries
- Currants
- Figs
- Grapefruit
- Grapes
- Honeydew melon
- Mangos
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plantains
- Plums
- Prunes (pitted)
- Raisins
- Raspberries
- Strawberries
- Tangerines
- Watermelon

VEGETABLES

- Asparagus
- Avocados
- Bean sprouts
- Beet greens
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Cabbage, Chinese
- Cabbage, red
- Carrots
- Cauliflower
- Celery
- Chard, Swiss
- Chili pepper, red or green
- Collards
- Corn
- Cucumbers
- Eggplant
- Endive (escarole, chicory)
- Jicama
- Kale
- Kohirabi
- Lettuce, iceberg
- Lettuce, leaf
- Lettuce, romaine
- Mushrooms
- Mustard greens
- Nopales (cactus pads)
- Okra
- Olives
- Onions, all varieties
- Parsnips
- Peppers, green or red
- Potatoes
- Pumpkin
- Radishes
- Rhubarb
- Rutabaga
- Spinach
- Squash, all varieties
- Succotash
- Sweet potatoes/yams
- Tomatoes
- Tomato paste
- Tomato puree
- Tomato sauce
- Turnip
- Turnip greens
- Vegetables, frozen, breaded
- Vegetables, frozen in cream sauce
- Water chestnuts
- Watercress

BEANS AND PEAS

- Black-eyed peas
- Garbanzo beans
- Green beans
- Green peas
- Kidney beans
- Lentils
- Lima beans
- Mung beans
- Navy beans
- Pinto beans
- Soy beans
- Wax beans

JUICES

- Apple cider
- Grape juice
- Grapefruit juice
- Orange juice
- Pear juice
- Pear/apple juice
- Pear/grape juice
- Pineapple juice
- Prune juice
- Tangerine juice
- Tomato juice
- All 100% fruit or vegetable juices

SOUPS

- Chicken vegetable
- Clam chowder
- Minestrone
- Pea or bean soup
- Tomato rice
- Tomato soup
- Vegetable beef
- Vegetable soup

NOTES

NOTES

DO *NOT* SERVE THE FOLLOWING AS A VEGETABLE OR FRUIT COMPONENT:

FRUITS

- Banana chips
- Fruit-flavored frozen bars and popsicles
- Fruit-flavored or plain gelatin
- Fruit jams, preserves, and jellies
- Fruit leather
- Fruit roll-ups
- Fruit syrups
- Honey

VEGETABLES

- Hominy
- Posole

JUICES

- "Ades"
- Fruit "drinks"
- Fruit "punch"
- Juice beverages
- Juice or juice-blend "cocktails"
- Nectars
- Reconstituted powdered drinks
- Sport "drinks"

CONDIMENTS

- Chili sauce
- Ketchup
- Margarine
- Mayonnaise
- Mustard
- Pickle relish
- Salad dressing
- Vegetable seasonings

OTHER FOODS

- Candy
- Corn chips
- Popcorn
- Potato chips
- Potato sticks
- Pretzels, hard, thin
- Tortilla chips

ACTIVITY 9

CIRCLE THE STATEMENT THAT IS FALSE ABOUT THE VEGETABLE/FRUIT COMPONENT.

1. It is not acceptable to serve orange juice and orange sections in the same meal if these are the only vegetable/fruit components in the meal.

2. ***Cooked dried peas and beans*** can be counted as a "meat alternate" ***OR*** "vegetable," but not both in the same meal.

3. Cranberry juice cocktail cannot be counted as a vegetable/fruit component.

4. No more than 1/2 of the requirement of vegetable or fruit juice can be counted for a lunch meal.

5. Milk and juice cannot be served in the same supplement if milk is the only other component.

6. One-half cup of ***gelatin*** that contains fruit will count for 1/2 cup of the vegetable/fruit component.

7. ***Fruit-flavored syrup, jams, and jellies*** do not qualify as a vegetable/fruit component.

8. ***Ketchup and mustard and other condiments and seasonings*** do not qualify as vegetable/fruit components.

NOTES

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ACTIVITY 9 ANSWER: NUMBER 6 is false. Since the serving size is only 1/2 cup, it will not contain 1/2 cup of fruit. The gelatin does not count toward the fruit or vegetable requirement.

BREAD AND BREAD ALTERNATES

- Whole-grain or enriched flour bread.
- Whole-grain or enriched meal or flour biscuits, rolls, muffins, crackers, etc.
- Cooked whole-grain or enriched cereal grains such as rice, bulgur, oatmeal, corn grits, or couscous.
- Whole-grain, enriched, or fortified breakfast cereal.
- Whole-grain, enriched, or fortified cereals or bread products which are used as an ingredient in another menu item (such as breading on meats).
- Cooked enriched or whole-grain macaroni or noodle products. Enriched macaroni-type products with fortified protein (as specified in Appendix A to program regulations) may be counted as meeting either the grains/breads requirement or the meat or meat alternate requirement of lunches, but not both in the same meal.
- Pie crust from dessert (supplement only), meat or meat alternate pies.
- Snack products such as hard pretzels, hard bread sticks, and grain-based chips made from whole-grain and/or enriched meal or flour.
- ***Cookies, cakes, brownies, or granola bars*** may be used for a supplement, but only when they are made from whole-grain or enriched meal or flour.

NOTES

NOTES

THE FOLLOWING COMMERCIAL ITEMS CAN BE COUNTED AS BREAD AND BREAD ALTERNATES WHEN SERVED IN THE WEIGHTS SPECIFIED:

GROUP A
1 serving = 20 gm or 0.7 oz
3/4 serving = 15 gm or 0.5 oz
1/2 serving = 10 gm or 0.4 oz
1/4 serving = 5 gm or 0.2 oz

Breading-type coating
Bread sticks (hard)
Chow Mein noodles
Crackers (saltines and snack crackers)
Croutons
Pretzels (hard)
Stuffing (dry)

GROUP B
1 serving = 25 gm or 0.9 oz
3/4 serving = 19 gm or 0.7 oz
1/2 serving = 13 gm or 0.5 oz
1/4 serving = 6 gm or 0.2 oz

Bagels
Batter-type coating
Biscuits
Breads (white, wheat, whole-wheat, French, Italian)
Buns (hamburger and hot dog)
Crackers, graham (all shapes), animal crackers
Egg roll skins
English muffins
Pita bread (white, wheat, whole-wheat)
Pizza crust
Pretzels (soft)
Rolls (white, wheat, whole-wheat, potato)
Tortillas (wheat or corn)
Tortilla chips (wheat or corn)
Taco shells

GROUP C
1 serving = 31 gm or 1.1 oz
3/4 serving = 23 gm or 0.8 oz
1/2 serving = 16 gm or 0.6 oz
1/4 serving = 8 gm or 0.3 oz

Cookies* (plain)
Cornbread
Corn muffins
Croissants
Pancakes (purchased)
Pie crust (dessert pies,* meat/meat alternate pies, and turnovers*)
Waffles (purchased)

GROUP D
1 serving = 50 gm or 1.8 oz
3/4 serving = 38 gm or 1.3 oz
1/2 serving = 25 gm or 0.9 oz
1/4 serving = 13 gm or 0.5 oz

Doughnuts* (cake and yeast-raised, unfrosted)
Granola bars* (plain)
Muffins
Sweet roll* (unfrosted)
Toaster pastry* (unfrosted)

GROUP E
1 serving = 63 gm or 2.2 oz
3/4 serving = 47 gm or 1.7 oz
1/2 serving = 31 gm or 1.1 oz
1/4 serving = 16 gm or 0.6 oz

Cookies* (with nuts, raisins, chocolate pieces, and/or fruit puree)
Doughnuts* (cake and yeast-raised, frosted or glazed)
French toast
Grain fruit bars*
Granola bars* (with nuts, raisins, chocolate pieces, and/or fruit)
Sweet rolls* (frosted)
Toaster pastry* (frosted)

GROUP F
1 serving = 75 gm or 2.7 oz
3/4 serving = 56 gm or 2 oz
1/2 serving = 39 gm or 1.3 oz
1/4 serving = 19 gm or 0.7 oz

Cake* (plain, unfrosted)
Coffee cake*

GROUP G
1 serving = 115 gm or 4 oz
3/4 serving = 86 gm or 3 oz
1/2 serving = 58 gm or 2 oz
1/4 serving = 29 gm or 1 oz

Brownies* (plain)
Cake* (all varieties, frosted)

*Allowed only when the required meal pattern for the program permits.

GROUP H

1 serving = 1/2 cup cooked
(or 25 grams dry)

Barley
Breakfast cereals (cooked)
Bulgur (cracked wheat)
Corn grits or meal
Macaroni (all shapes)
Noodles, egg (all varieties)
Pasta (all shapes)
Ravioli (noodle only)
Rice (enriched white or
brown)

GROUP I

1 serving = 3/4 cup or 1 oz.
whichever is less

Breakfast cereal (dry)

Some of the above foods, or their accompaniments, may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

NOTES

NOTES

DO *NOT* SERVE THE FOLLOWING AS BREAD OR BREAD ALTERNATES:

DESSERT ITEMS

Ice cream cones

Tapioca

SNACK ITEMS

Candied popcorn
Corn nuts
Popcorn

Potato chips
Potato sticks

OTHER ITEMS

Hominy
Posole

DETERMINING NUMBER OF SERVINGS AVAILABLE IN GRAINS/BREADS RECIPES

A serving of grains/breads must contain no less than 14.75 grams for ages 6-12 years or 7.38 grams for ages 1-5 years of enriched flour and/or whole grain. This amount was determined using the grain content of a 25-gram (or .9-oz) slice of white bread as a reference. Crediting of grains/breads will be determined by the total amount of enriched flour and/or whole grain in the recipe or formula divided by the portion yield.

Step 1: Determine the total weight in grams of the enriched/whole grains in the recipe.

Step 2: Divide the portion yield or number of servings into the total grams of enriched/whole grains. A serving for ages 1-5 must contain 7.38 grams.

NOTES

NOTES

ACTIVITY 10

Determine the number of creditable servings that are available for 3-5-year-old children.

Whole-Wheat Pancakes

BREAD

INGREDIENTS	____SERVINGS	___SERVINGS	DIRECTIONS
Whole-wheat flour White flour Baking powder Salt Dry milk, nonfat Fluid milk	3/4 cup 3/4 cup 2 1/2 tsp 1/2 tsp 1/2 cup 1/2 cup		1. Combine dry ingredients in large bowl. Mix well.
Egg, beaten Water Oil	1 medium 1 1/4 cups 3 Tbsp		2. Combine egg, water, and oil.
. Cherries or applesauce			3. Mix liquid ingredients into dry ingredients. Stir only until mixed. 4. Pour 2 Tbsp of batter on lightly greased, hot griddle, and cook until golden brown. 5. Top with cherries or applesauce.

What are the whole-grain or enriched ingredients?

____ cup x ____ grams/cup = _____ total grams
____ cup x ____ grams/cup = _____ total grams
total grams = _____
____ total grams ÷ 7.38 = _____ servings for 3-5-year-olds

WEIGHTS OF COMMONLY USED INGREDIENTS

Food Items (weight of one cup)	*Grams*
Applesauce	257
Bananas, mashed	226
Blueberries	155
Carrots, fresh, diced	144
Carrots, shredded	109
Cheese, shredded	98
Cheese-cottage, cream-style	233
Chocolate-flavored chips	167
Cocoa	86
Coconut	90
Cornmeal	130
Corn syrup	325
Cream, half and half	242
Sour	242
Whipping	232
Eggs, large	
Whole, 1 egg	50
White, 1 white	33
Yolk, 1 yolk	17
Flour, wheat	
All-purpose, unsifted	135
All-purpose, sifted	116
Flour, wheat	
Bread, unsifted	130
Bread, sifted	117
Self-rising, unsifted	131
Self-rising, sifted	106
Whole-wheat	120
Flour, rye	
Dark	128
Light	101
Honey, strained	325
Margarine	225
Milk, fluid	241
Nonfat, dry, instant	74
Evaporated, canned	246
Buttermilk	243
Molasses	309
Oats, quick (not instant)	
Uncooked	73
Cooked	246
Oil, cooking	209
Peanut butter	261
Pumpkin, mashed	247
Raisins, uncooked, chopped	162
Raisins, whole	144
Shortening, hydrogenated	187
Sugar, brown, packed	211
Confectioner's	110
Granulated	196
Walnuts, chopped	120
Wheat germ	113
Zucchini, fresh, uncooked, diced	130

For items not on the above list, refer to the following United States Department (USDA) publications for additional information:

The Food Buying Guide for Child Nutrition Programs (PA-1331)
Nutritive Value of Foods, Home & Garden Bulletin #72
Nutritive Value of American Foods, Agriculture Handbook #456
Average Weight of a Measured Cup of Various Foods, Home Economics Research Report #41

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ACTIVITY 10 ANSWERS:

What are the whole-grain or enriched ingredients?

Whole-wheat flour and white flour

3/4 cup x *120* grams/cup	= *90* total grams
3/4 cup x *135* grams/cup	= *101.25* total grams
Total Grams	= *191.25*
191.25 total grams ÷ 14.75	= *12* servings for adult participants

Number of servings must be rounded down to ensure that the full quantity of grain is in each serving.

ACTIVITY 11

CIRCLE THE STATEMENT THAT IS FALSE ABOUT THE BREAD AND BREAD ALTERNATES.

1. Breads, biscuits, rolls, muffins, and pastas must be made with either ***enriched*** or ***whole-grain*** meal or flour.

2. Cereals must be ***whole-grain, enriched,*** or ***fortified.***

3. Cereals may be counted for breakfast or lunch or supper only.

4. Bread crumbs in meat loaf cannot be counted for bread or bread alternates.

5. Whole-grain or enriched ***coffee cake, doughnuts,*** and ***sweet rolls*** can be counted as a bread component for breakfast or supplement only.

6. ***Cookies, granola bars, rice pudding,*** or ***bread pudding*** can be served as supplement and counted as a bread component provided that they are made of whole-grain or enriched flour or meal.

7. ***Pie crust*** will count as a bread alternate in homemade chicken pot pie.

NOTES

NOTES

ACTIVITY 11 ANSWER: NUMBER 3 is false. Cereals may be counted for breakfast or supplement only.

Now you will be able to apply these rules to menu planning.

ARE ALL OF THE MEAL COMPONENTS INCLUDED IN THE FOLLOWING MEALS?

ACTIVITY 12

2 oz Chicken
1/2 cup Celery Sticks
1/2 cup Nectarine
1/2 pint Chocolate Milk
2 Oatmeal Cookies

IS IT A REIMBURSABLE MEAL?
( ) YES ( ) NO

IF "NO," WHAT IS MISSING?

_____

ACTIVITY 13

Spaghetti With Meatballs
2 oz Meatballs
1/2 cup Tomato Sauce
1/2 cup Spaghetti
1/2 cup Green Salad
1 cup Lowfat Raspberry Yogurt

IS IT A REIMBURSABLE MEAL?
( ) YES ( ) NO

IF "NO," WHAT IS MISSING?

_____

NOTES

NOTES

ACTIVITY 14

1/2 cup Apple Juice
Ham Sandwich with
- 1 oz Ham
- 1 oz American Cheese
- 2 slices Whole-wheat Bread

1/2 cup Applesauce
1 Brownie
1/2 pint Milk

IS IT A REIMBURSABLE MEAL?
( ) YES ( ) NO

IF "NO," WHAT IS MISSING?

_____

ACTIVITY 15

2 Tacos, which include
- 1 1/2 oz Ground Beef
- 1/2 oz Cheese Spread
- 2 Corn Tortillas
- 1/4 cup Shredded Lettuce
- 1/4 cup Diced Tomatoes

1/2 cup Orange-flavored Frozen Juice Bar

IS IT A REIMBURSABLE MEAL?
( ) YES ( ) NO

IF "NO," WHAT IS MISSING?

_____

ACTIVITY 12 ANSWER: ***NO.*** The bread/bread alternate component is missing. Although cookies contain flour, they are not allowed as a bread alternate. Although oatmeal cookies are not reimbursable, they can be included to enhance the meal.

WHAT WOULD YOU ADD TO THIS MENU TO MAKE IT REIMBURSABLE?

_____

ACTIVITY 13 ANSWER: ***NO.*** Milk is missing.

WHAT WOULD YOU ADD TO THIS MENU TO MAKE IT REIMBURSABLE?

_____

ACTIVITY 14 ANSWER: ***NO.*** Although there are two servings of fruit in this meal, it happens to be the same fruit (apple) in two forms, which makes it not eligible for reimbursement.

WHAT COULD YOU DO TO MAKE THIS MEAL REIMBURSABLE?

_____

ACTIVITY 15 ANSWER: ***NO.*** There are three problems with this meal: (1) The meat/meat alternate is short 1/2 ounce because cheese spread does not qualify; (2) the vegetable and fruit component is short 1/4 cup because the orange-flavored frozen juice bar is not eligible for reimbursement; and (3) the milk component is missing.

WHAT WOULD YOU DO TO THIS MENU TO MAKE IT REIMBURSABLE?

_____

NOTES